

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in this Application:

**Listing of Claims:**

1. (Canceled).
2. (Canceled).
3. (Canceled).
4. (Currently amended) A process for preparing cooked rice in a package which comprises the sequential steps of:

coating long grain with a solution of emulsified oil;

removing water from the long grain;

filling the long grain automatically in a heat-resisting plastic container;

repeating 4 to 10 times sterilization of the container filled with the long grain at a temperature of 130° C-150° C and for 4 to 8 seconds each time;

cooking the long grain with a solution of emulsified oil as a liquid for cooking; and

sealing and packaging the resultant cooked rice.